

Amendment to the Claims:

This listing of claims will replace all prior versions and listing of claims in the application.

Listing of Claims:

1. (Currently amended) A portable vapor inhaler comprising:

a reservoir comprising an opening;

a lid that is removably attachable to the reservoir; and

an effervescent composition,

wherein the lid comprises a central depressed area and a wall around the central depressed area, said wall comprising a shaped depression, wherein the central depressed area and the shaped depression together conform approximately to a size and shape of a user's facial structure around the user's nose, and wherein the lid further comprises at least one lid opening, wherein ~~each~~ the at least one lid opening is smaller in area than the opening of the reservoir, and

wherein the lid is adapted to concentrate a vapor from the reservoir at the user's nose ~~nasal area~~.
2. (Original) The portable vapor inhaler of claim 1, wherein the reservoir is a cup.
3. (Original) The portable vapor inhaler of claim 2, wherein the cup is selected from the group consisting of an insulated cup, a styrofoam cup, a cardboard cup, a plastic cup, a ceramic cup, and a paper cup.

4. (Previously Presented) The portable vapor inhaler of claim 1, wherein the reservoir is a collapsible membrane to which the lid can be attached, whereby the membrane is filled with water and placed into a container of any similar size and shape.

5-6. (Cancelled)

7. (Currently amended) The portable vapor inhaler of claim 1, wherein the reservoir and the lid form substantially one piece and wherein the at least one lid opening is a closeable opening whereby the effervescent composition and water can be added to the reservoir.

8. (Original) The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of sodium bicarbonate, sodium carbonate, citric acid, sorbitol, polyethylene glycol, sodium benzoate, magnesium oxide, and aminoacetic acid.

9. (Original) The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of menthol, eucalyptus oil, camphor, a flavor additive, and an excipient.

10. (Original) The portable vapor inhaler of claim 9, wherein the effervescent composition includes a coloring agent.

11-12. (Cancelled)

13. (Currently amended) A system for the inhalation of humidified vapor comprising:
- a reservoir comprising an opening;
 - a lid that is removably attachable to the reservoir; and
 - an effervescent composition,
- wherein the lid comprises a central depressed area and a wall around the central depressed area, said wall comprising a shaped depression, wherein the central depressed area and the shaped depression together conform approximately to a size and shape of a user's ~~facial structure around the user's~~ nose, and wherein the lid further comprises at least one lid opening, wherein ~~each~~ the at least one lid opening is smaller in area than the opening of the reservoir, and
- wherein the lid is adapted to concentrate the humidified vapor from the reservoir at the user's nose ~~nasal area~~.

14. (Currently amended) A method for the inhalation of humidified vapor comprising:
- providing a reservoir comprising an opening;
 - filling the reservoir with hot water;
 - adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;
- connecting a lid comprising at least one lid opening, wherein ~~each~~ the at least one lid opening is smaller in area than the opening of the reservoir, and further comprising a central depressed area and a wall around the central depressed area, said wall comprising a shaped depression, wherein the central depressed area and the shaped depression together conform approximately to a size and shape of a user's ~~facial structure around the user's~~

nose, to the reservoir whereby an amount of humidified air forms in the reservoir and is concentrated by the lid at the user's nose ~~nasal area~~; and

inhaling at least a portion of the humidified air emitted through the at least one lid opening.

15. (Currently amended) A method of treating cold symptoms comprising:

providing a reservoir comprising an opening;

filling the reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a lid comprising at least one lid opening, wherein ~~each~~ the at least one lid opening is smaller in area than the opening of the reservoir, and further comprising a central depressed area and a wall around the central depressed area, said wall comprising a shaped depression, wherein the central depressed area and the shaped depression together conform approximately to a size and shape of a user's ~~facial structure around the user's~~ nose, to the reservoir whereby an amount of humidified air forms in the reservoir and is concentrated by the lid at the user's nose ~~nasal area~~; and

treating the cold symptoms by breathing at least a portion of the humidified air emitted through the at least one lid opening.

16. (Currently amended) A method of treating allergy symptoms comprising:

providing a reservoir comprising an opening;

filling the reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a lid comprising at least one lid opening, wherein ~~each~~ the at least one lid opening is smaller in area than the opening of the reservoir, and further comprising a central depressed area and a wall around the central depressed area, said wall comprising a shaped depression, wherein the central depressed area and the shaped depression together conform approximately to ~~of a size and shape of a user's facial structure around the user's~~ nose, to the reservoir whereby an amount of humidified air forms in the reservoir and is concentrated by the lid at the user's nose ~~nasal area~~; and

treating the allergy symptoms by breathing at least a portion of the humidified air emitted through the at least one lid opening.

17. (Currently amended) A method of decongesting nasal passages comprising:

providing a reservoir comprising an opening;

filling the reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a lid comprising at least one lid opening, wherein ~~each~~ the at least one lid opening is smaller in area than the opening of the reservoir, and further comprising a central depressed area and a wall around the central depressed area, said wall comprising a shaped depression, wherein the central depressed area and the shaped depression together conform approximately to a size and shape of a user's ~~facial structure around the user's~~

nose, to the reservoir whereby an amount of humidified air forms in the reservoir and is concentrated by the lid at the user's nose ~~nasal area~~; and

decongesting nasal passages by breathing at least a portion of the humidified air emitted through the at least one lid opening.

18. (Previously presented) The portable vapor inhaler of claim 1, wherein the lid comprises a plurality of lid openings.
19. (Previously presented) The portable vapor inhaler of claim 1, wherein the at least one lid opening is substantially centrally located in the lid.
20. (Previously presented) The system of claim 13, wherein the lid comprises a plurality of lid openings.
21. (Previously presented) The system of claim 13, wherein the at least one lid opening is substantially centrally located in the lid.
22. (Previously presented) The portable vapor inhaler of claim 1, wherein the at least one lid opening is located in the central depressed area of the lid.
23. (Previously presented) The system of claim 13, wherein the at least one lid opening is located in the central depressed area of the lid.